

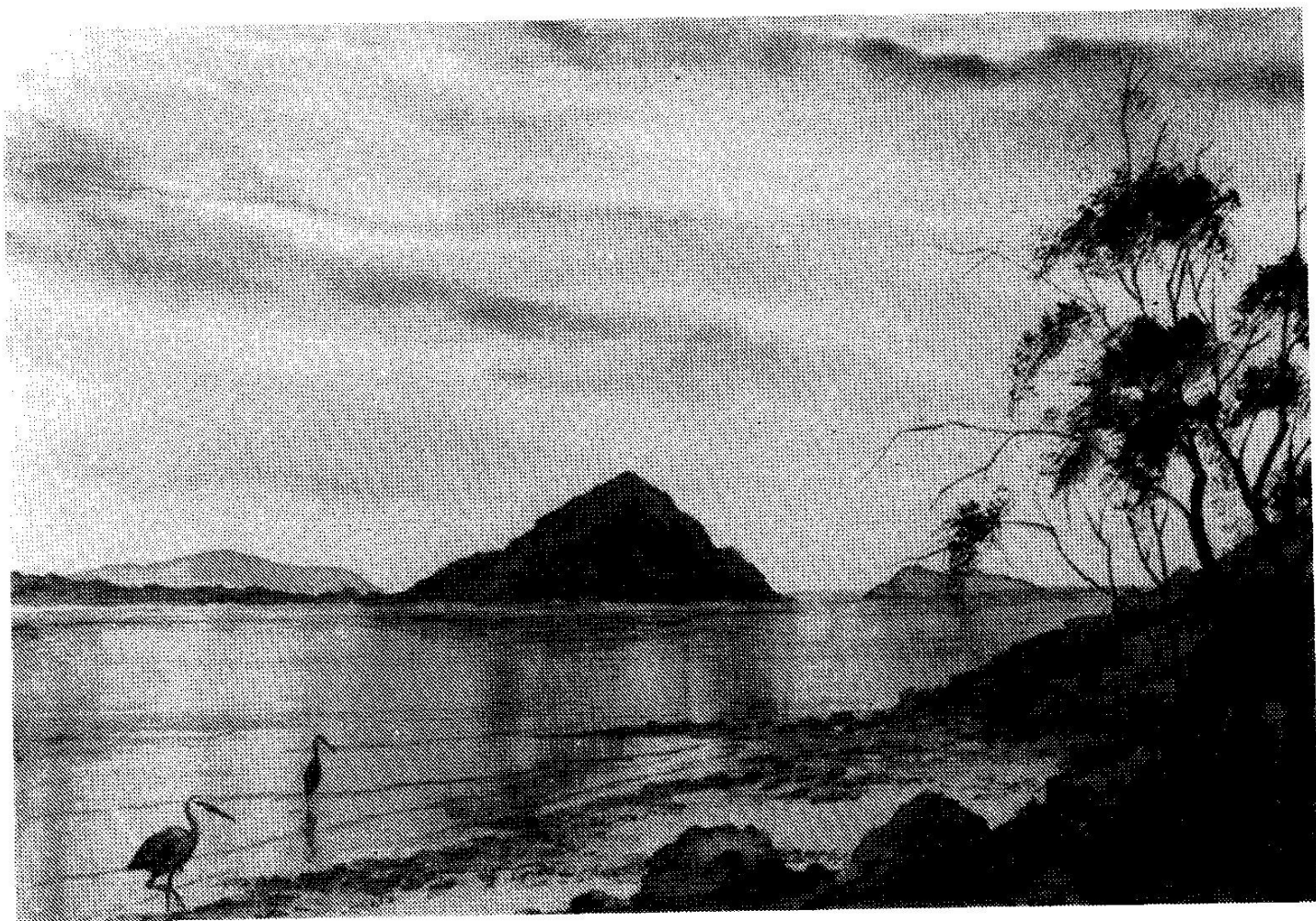
BUSHWALKS

around

PORT STEPHENS

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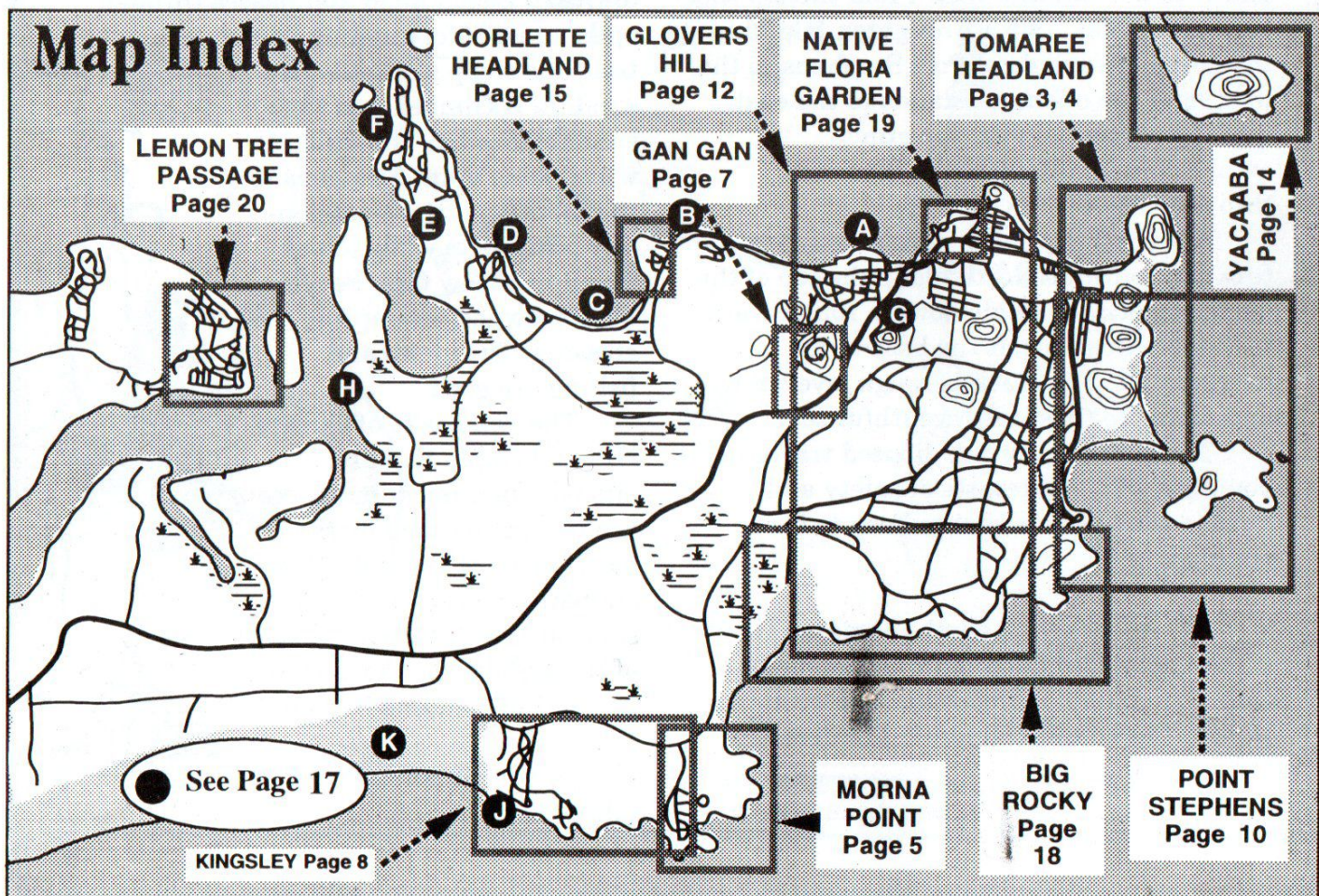
Michael Smith

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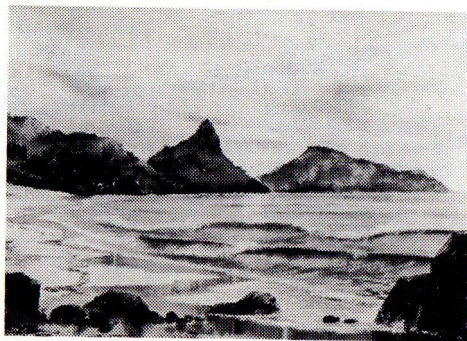
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TOMAREE HEADLAND WALKS



TOMAREE HEAD: Walking at a relaxed pace, with a few stops to enjoy the view, about 90 minutes will be required to complete the circuit of this, our most popular walk. The reasonably fit will take about 20 minutes to get to the summit 158 metres above Sea Level.

To climb Tomaree Head, park at the gates to Tomaree Lodge, **A**. From here a well-formed track leads through points **B** and **C** to the summit at **D**. From the top the view is excellent, with Broughton Island to the north, the whole of Port Stephens to the west, and the offshore Islands to the east.

If you wish to visit the gun emplacements return down the track through **C** to **E**.

Alternatively those requiring adventure can continue North along the top of the headland and scramble down a rough track to the fortifications at the base of the headland, **E**. The track is rough, overgrown and suited to those with youthful zeal.

There are many old, disused tracks on Tomaree. In the interests of safety and erosion control, it is best to keep to the main route.

Anyone who climbs Tomaree Head can collect a free *Certificate Of Ascension* from the Tourist Information Centre at Nelson Bay to commemorate the event.

STEPHENS PEAK: The best short walk in the area. It can be started from Joleen Crescent, Shoal Bay. A track starts from here and leads uphill towards the summit. A rough track branches off this fire trail and leads to the top of Stephens Peak. The track is rocky and overgrown.

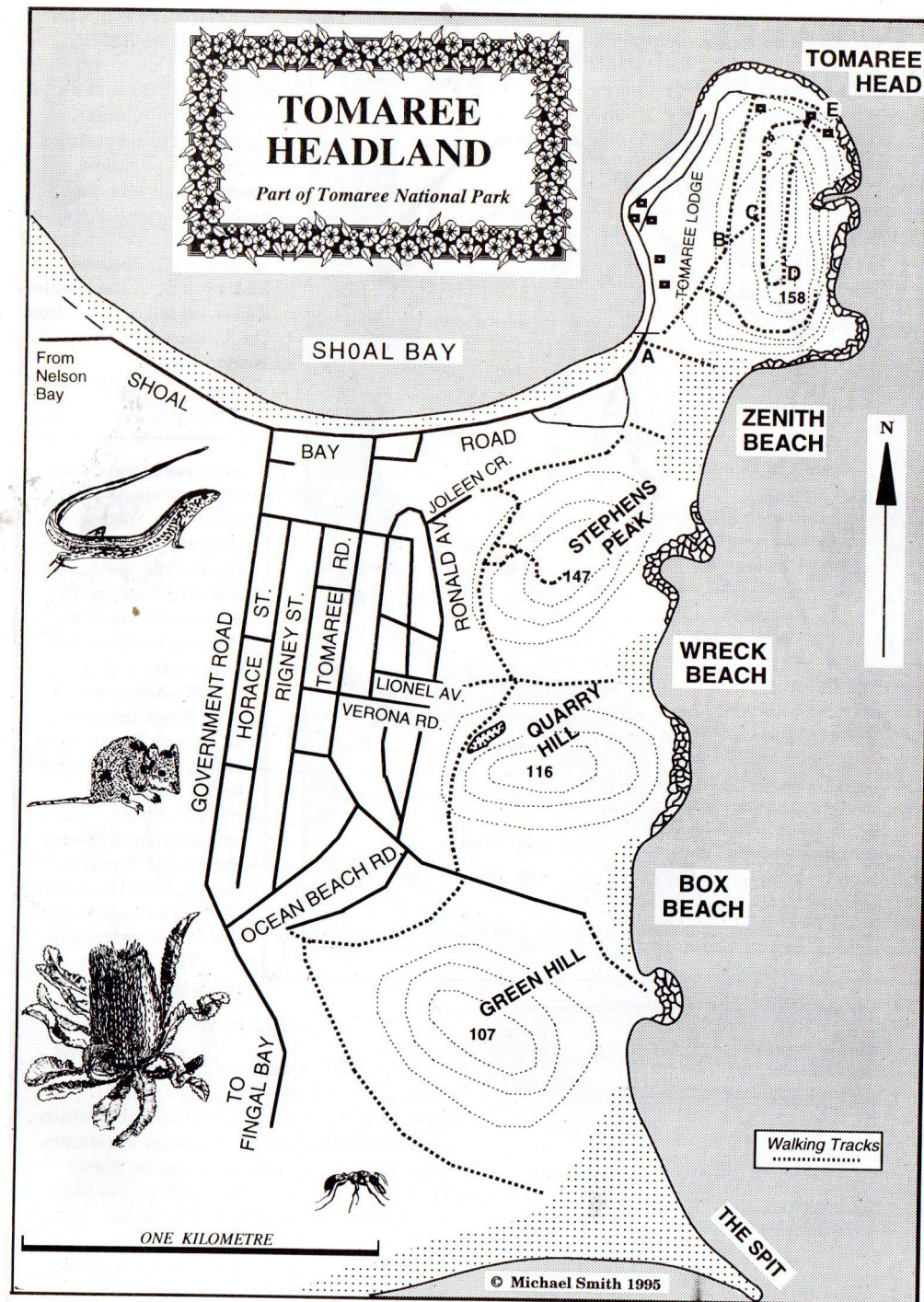
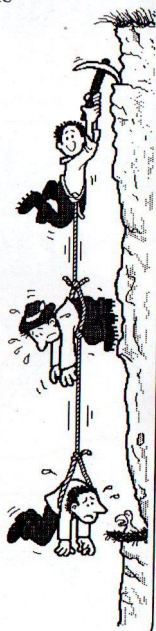
On the way up see if you can find the "Two And a Half Sisters". The vegetation is low and heath-like allowing views all the way to the top. The panorama from Stephens Peak is the best to be had in the area. The wildflowers, too are particularly abundant. Some summer wildflowers that can be seen are Christmas Bells, Purple Fan Flower, Mountain Devil, Ladys Slipper, Matchsticks, Wedding Bush and Banksias. The track can then be followed to Wreck Beach and Lionel Avenue where roads take you back to the starting point.

The walk to Wreck Beach, or Stephens Peak can also be started from Verona Road.

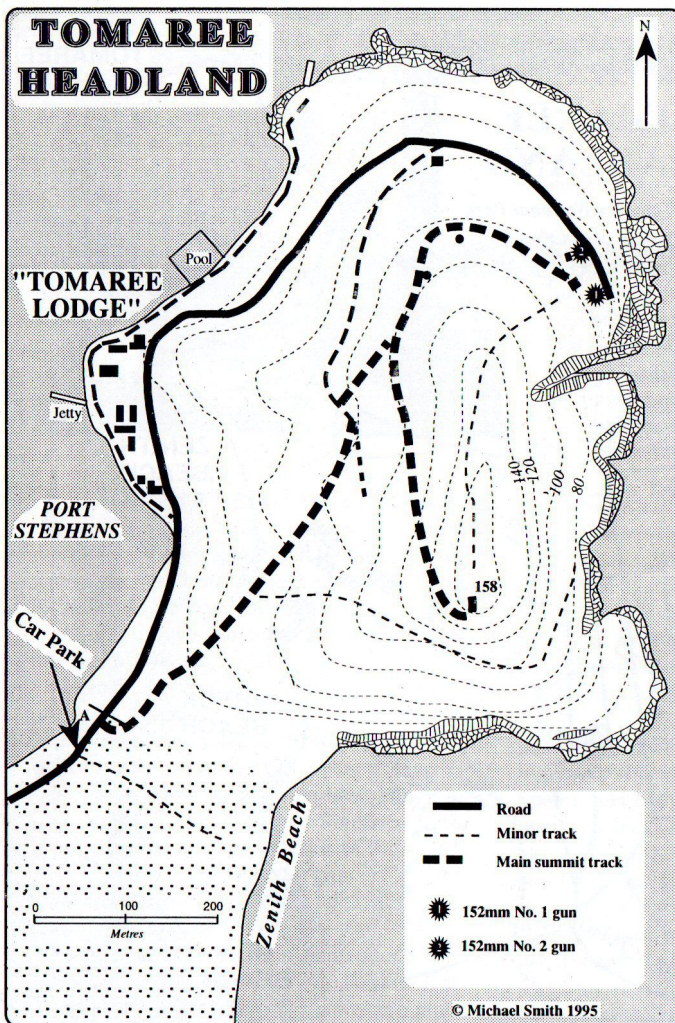
THE SPIT: A track starts from the end of Ocean Beach Road and passes through open forest before ending at the base of a steep sandhill. The sandhill is climbed and the sand followed to The Spit which joins Point Stephens to the mainland. It is occasionally possible to walk across The Spit at low tide. People have drowned attempting the crossing. The views and fishing are good.

The two peaks of Quarry Hill and Green Hill are officially unnamed, but these are the names used by the local Bushfire Brigade. Nude sunbathing is enjoyed by some at Wreck Beach. Most of the walking tracks shown are part of Tomaree National Park.

Guns and pets are not allowed.



TOMAREE HEADLAND



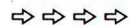
Tomaree has an interesting military history and there are plans to better preserve the gun emplacements, radar, railway, first aid station, searchlight positions, observation posts and buildings remaining on the headland. Those interested in Tomaree's wartime history can get the booklet *The Guns of Tomaree* from the Visitors Centre in Nelson Bay.

shop, restaurant and plenty of space to kick a ball. The track starts at a "walkway" sign 200 metres south west of the Restaurant. A moderately steep track leads up to the water tank on the hill.

B - A four-wheel drive track branches off Blanch Street, Boat Harbour giving access to the water tank.

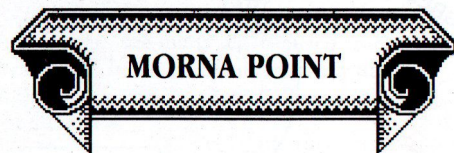
C - At the intersection of Morna Street and Tomaree Street, Boat Harbour, the track starts beside a N.P.W.S. compound.

This the best place to start.



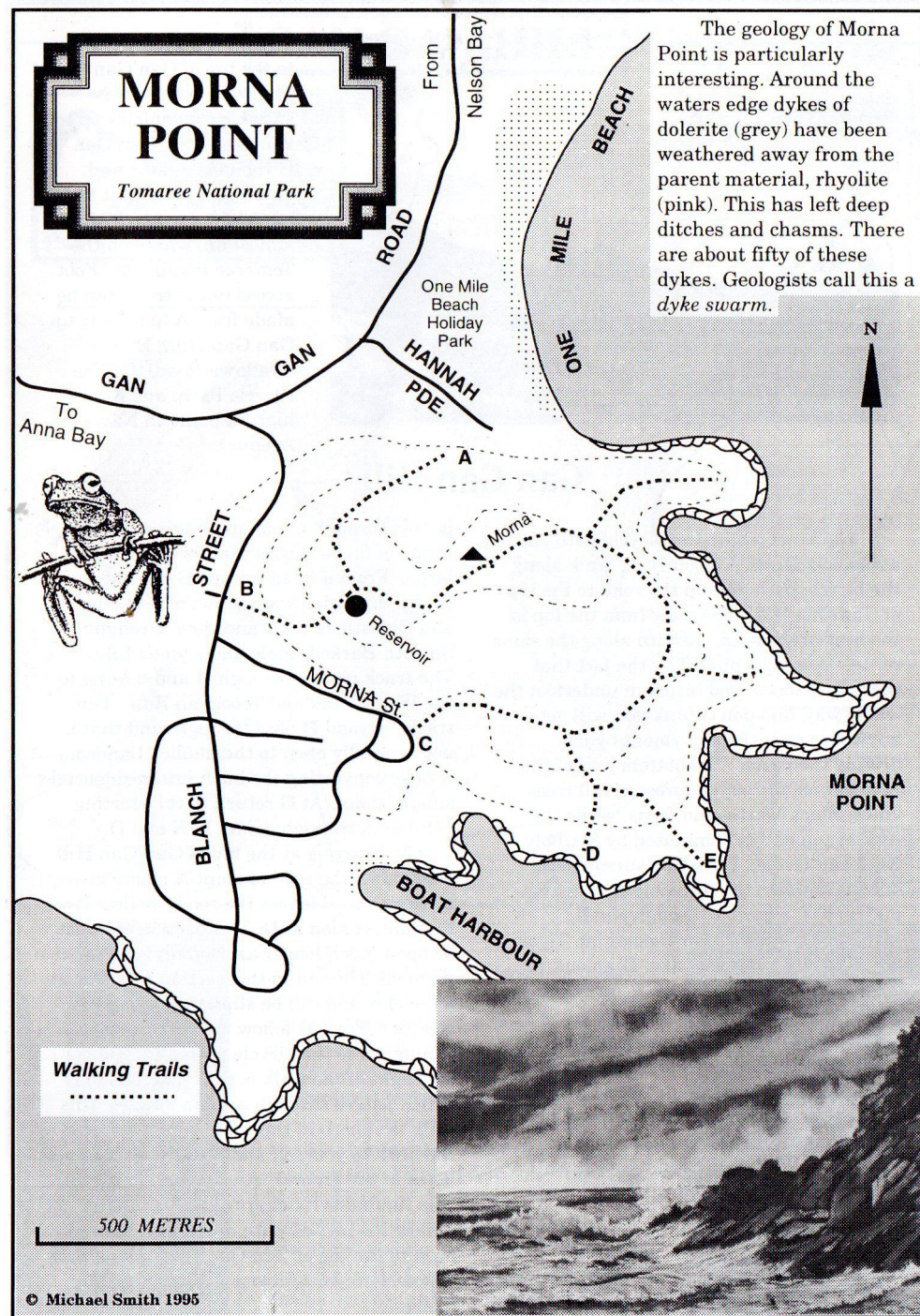
For the best walk commence at **C** and follow the track to **D**, walking around the rocks to **E**. There are many dykes at **E** which are well worth looking for around the waters edge. From here make your way to Morna Tank, exploring each side track as you pass.

Every branch of the track can be explored in one and a half hours. The wildflowers are especially abundant on this headland, especially in Spring.

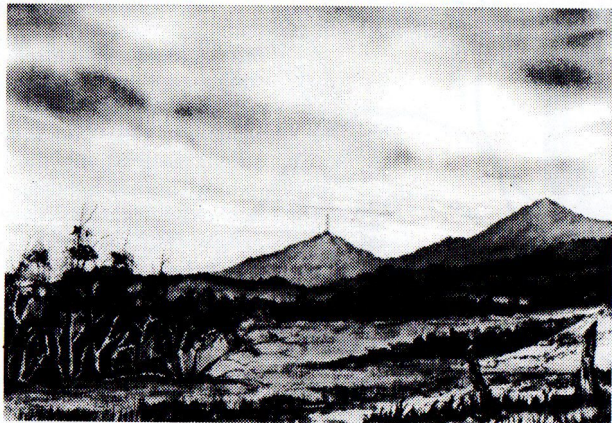


In a small area you can enjoy surf, rock fishing, bushwalking, coastal views and great botanical diversity. The walk can be started at points **A**, **B** or **C**.

A - At the end of Hannah Parade in a rest area with surf beach, BBQ, toilets,



The geology of Morna Point is particularly interesting. Around the waters edge dykes of dolerite (grey) have been weathered away from the parent material, rhyolite (pink). This has left deep ditches and chasms. There are about fifty of these dykes. Geologists call this a *dyke swarm*.



Gan Gan Hill

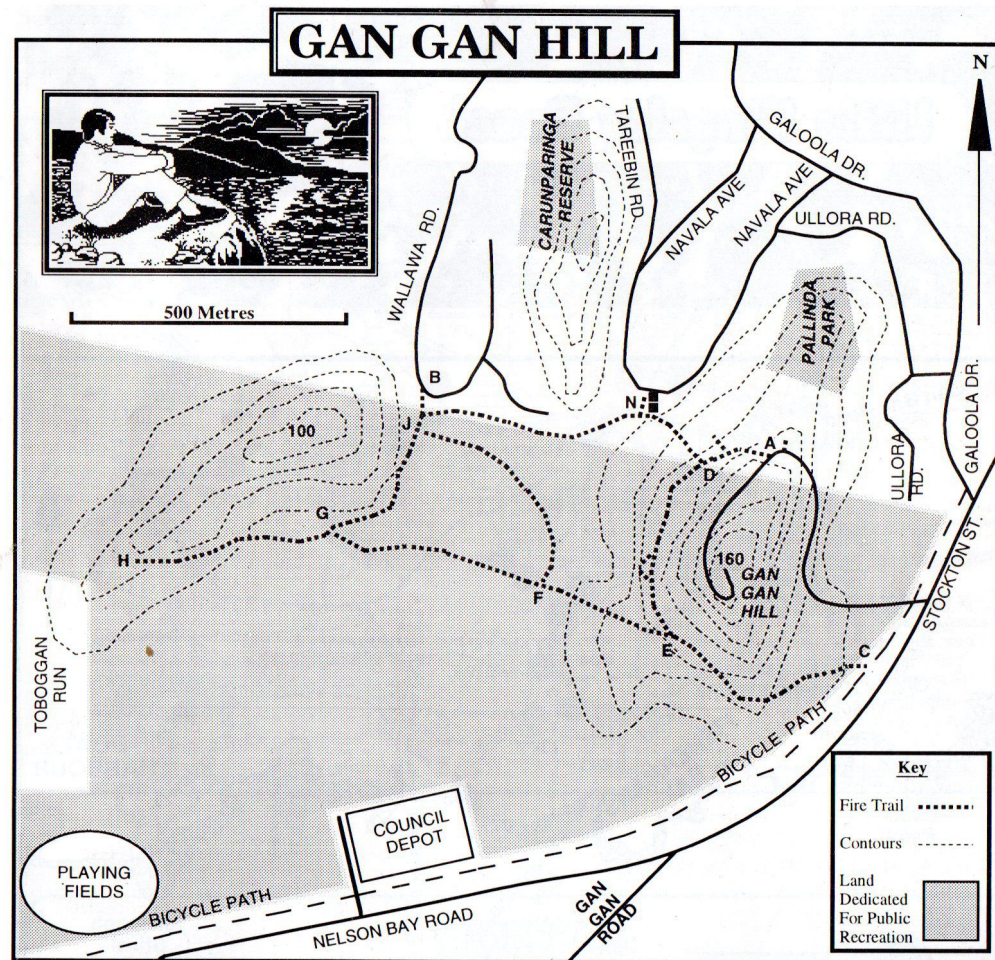
1. Start where the bicycle path ends at Galoola Drive, Nelson Bay. Walk along the bicycle path and up the road to the top of Gan Gan Hill. The view from the top is the best in the area. Return along the same route. Do not be put off by the fact that there is concrete and bitumen underfoot the whole way, and don't think you will get anywhere near the enjoyment by just driving the route. The bottom half of the road passes through a forest of tall trees, vines, Black Wattle and ferns, while the rockier top half is dominated by Scribbly Gum and Gynea Lily. The surrounding bush is home to the Antechinus or marsupial mouse, a savage, though small, carnivore related to the Tasmanian Tiger. Occasionally a Black snake, Diamond Python, Long-necked Tortoise or Echidna can be seen crossing the road. Nearly all our wildflowers are represented along the route including Hyacinth Orchid, Donkey Orchid, Leek Orchid, Red Beard Orchid, Greenhood Orchid and Pixie Caps. There are Mountain Devils, Sarsparilla vines, Black Wattle, Fringed Violet and Bush Peas. How good is this walk? I do it at least 200 times a year.

2. Starting at point N on Navala Avenue turn right towards J. This section

passes through forest and has a superb range of finches, honeyeaters and forest birds. From J head toward G passing firstly through a wet section of Banksias and Christmas Bells and then through Smooth-Barked Apple and Gynea Lily. The track passes through H and beyond to the Water Tank and Toboggan Run. The tracks beyond H pass through land that is not generally open to the public. Landcom is busy converting the bush into residential subdivisions. At G return to the starting point at N through points F, E and D.

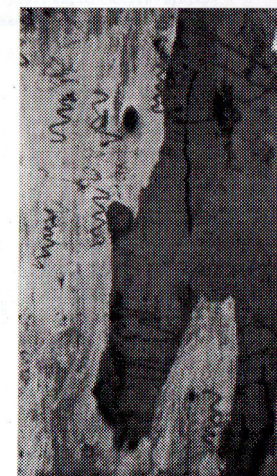
3. Starting at the top of Gan Gan Hill walk down the road to point A where a steep fire trail leaves the road. Follow it to the intersection at D. This section may not be open much longer as a subdivision is planned. The soil in this section contains a lot of clay and can be slippery even in dry weather. From D follow the hill around through E to the bicycle path at C. The highlight of the walk is the Section E to C which passes through a steep jungle. This walk is superb in the rain, when you have the bush to yourself and water spurts out of holes in the ground. After a long period of rain luminous fungi grow in this jungle. Follow the bicycle path and then the road back to the top of Gan Gan Hill. Along this last section you will rise in elevation 100 metres.

It is possible to drive to the top of Gan Gan Hill. The road to the top is suitable for vehicles up to 9 metres long. Gan Gan Hill has tall radio and microwave towers at the top which are visible from almost anywhere on the Tomaree Peninsula. Foot access to the trails can be made from A (part way up Gan Gan Hill), B (Wallawa Road), C (The Bicycle Path) and N (the highest point on Navala Avenue).

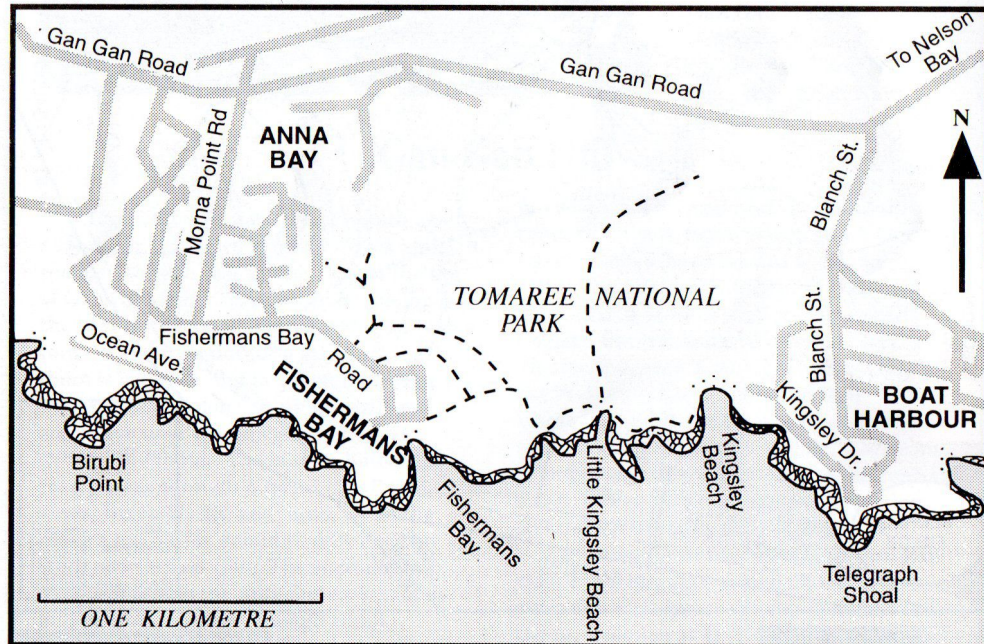


Pallinda Park is accessible from point A on the Gan Gan Hill Road. There are some views, but the bush is not very user-friendly, being steep, rocky, snakey and covered with scratchy bush. In fact our most difficult-to-love Park.

Carunparinga Reserve is most easily reached by following the ridge from N. At the top of the hill there are interesting views and some delightful bushland, exactly as Captain Cook would have found it. Carunparinga Reserve is serene and beautiful. There are no tracks but subdivisions are closing in fast.



Little Kingsley Beach

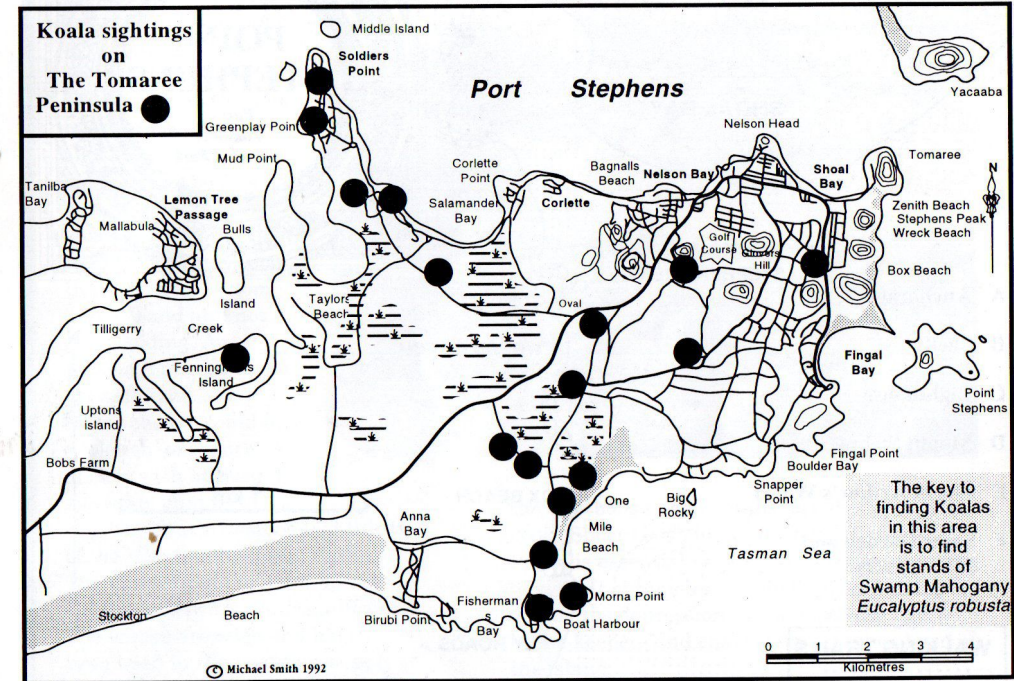


Anna Bay to Boat Harbour.

The best walk in this area is from Fishermans Bay Road to Little Kingsley Beach. From this beach a rough track follows the edge of the vegetation around the rocks to Kingsley Beach.

There is much scope for rock-hopping and exploring around the many bays and points between Anna Bay and Boat Harbour. Set off from any road that takes you down to the water.

KOALA SIGHTINGS ON THE TOMAREE PENINSULA



SNAKEBITE



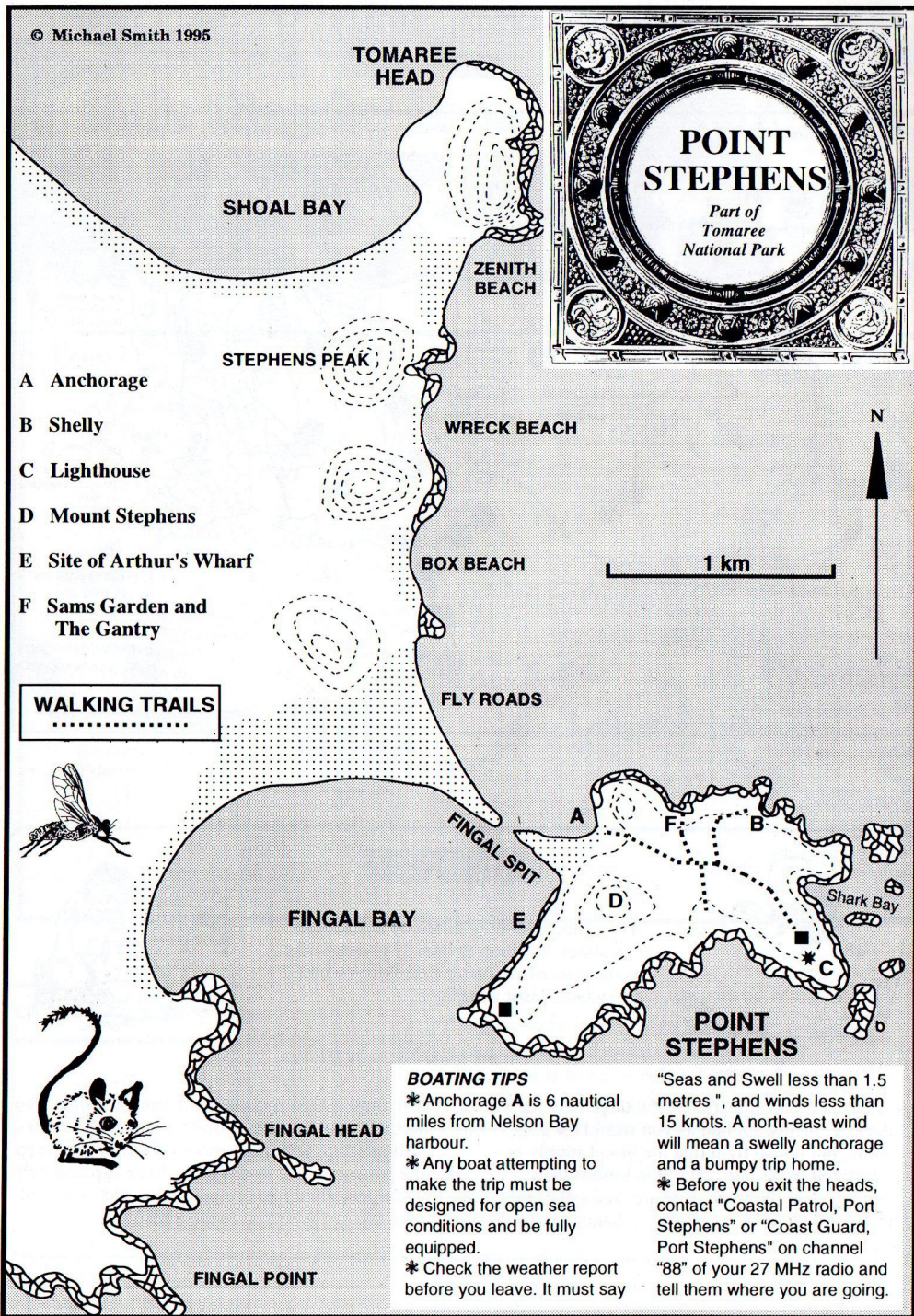
The chance of being killed by a snakebite is about 2 million to one. If you consider your chances are better than this you could carry two elastic bandages.

The treatment for snakebite is as follows.

Place a broad constrictive bandage over the site of the bite, firmly applied as you would for a sprained ankle, but not so tight that the blood supply is interfered with. The rest of the limb is then bandaged, at the same pressure, and rather than removing clothing it is better to bandage over the top of clothing.

The limb is then immobilised using a splint. The wound should not be washed or cleaned, as this will interfere with the venom detection test. Keep the patient as still as possible. Seek medical help. Transport should be brought to the victim rather than taking the victim to the transport.





Point Stephens is an "island" joined by a sand spit to Fingal Bay. The spit often dries at low tide and sometimes at high tide. In some conditions it is possible to walk across the spit, but there is often an element of risk. An approach by boat is best. Boats can be left anchored in good weather at Point A on the map. The bottom here is sand and not good holding. A Danforth anchor is not very effective and a better choice would be a 'plough' or 'Bruce' anchor with at least 4 metres of chain.

The south-western two-thirds of the island is National Park. The views from the spit and the lighthouse (1862) are magnificent. The tracks are wide and have been used in the past to resupply

POINT STEPHENS



the lighthouse and to transport shell grit. The book "Sheer Grit", by A. Murdoch, NSW Uni. Press, is essential reading for anyone intending to visit. It chronicles the shell grit collecting during the depression, the shipwrecks, lighthouse keepers and characters who once lived on the island.



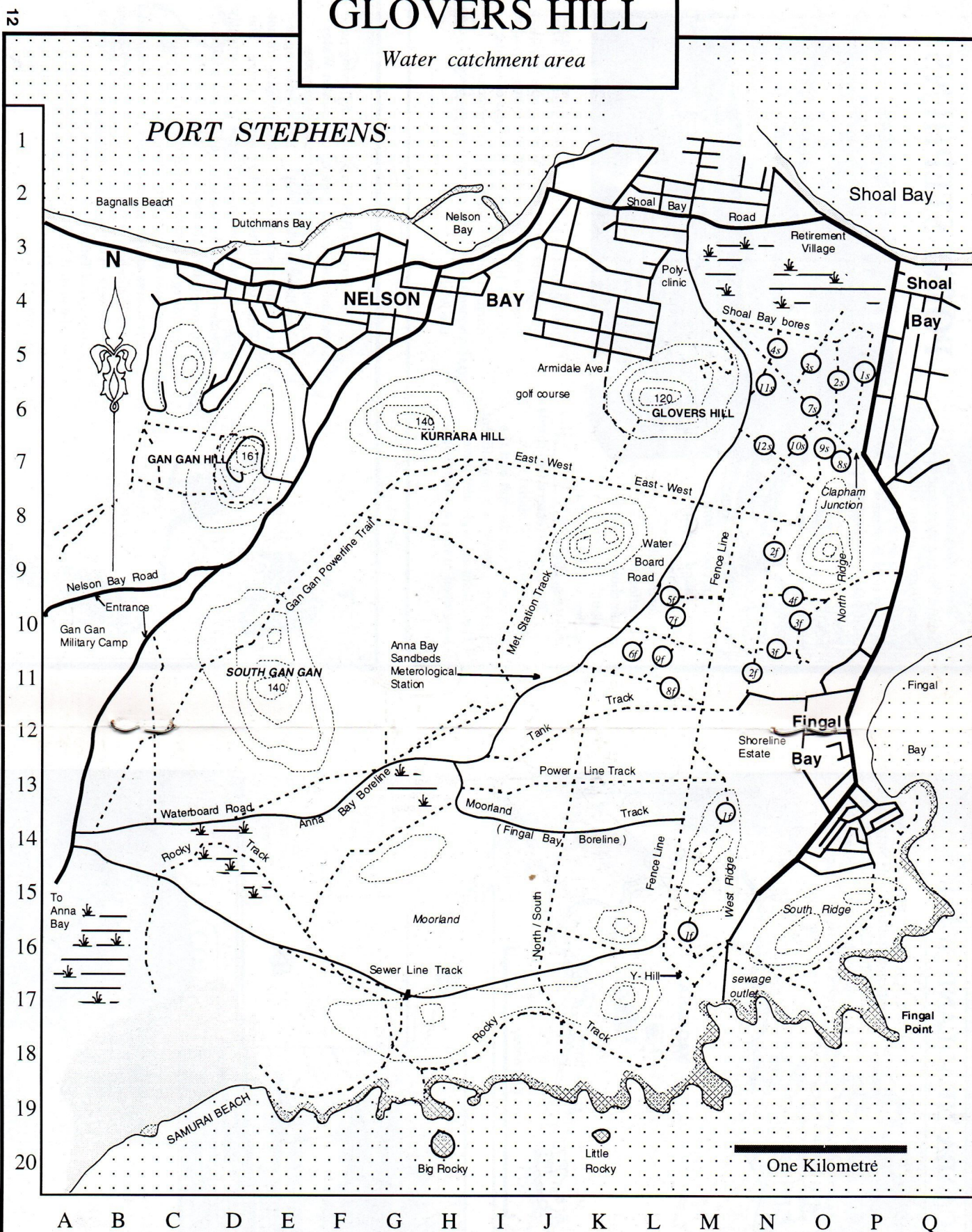
The **Glovers Hill Map** on the following page shows an area that is used by the Hunter Water Corporation for water catchment. It provides Nelson Bay's drinking water. Before entering, a permit must be obtained. To date permits are not difficult to get but may take weeks to arrive. The map is included because it is easy to inadvertently wander over the boundary line from the adjacent Tomaree National Park.

Kangaroos seem to like the place and there are colonies of Koalas and Possums. This, our largest area of untouched bushland, is considered prime Koala habitat. It is our best area for viewing wildflowers. There are plans to make this land an extension of Tomaree National Park. Until then, get the permit, and become one of the few who are permitted to enjoy this vast treasure of botanical beauty.



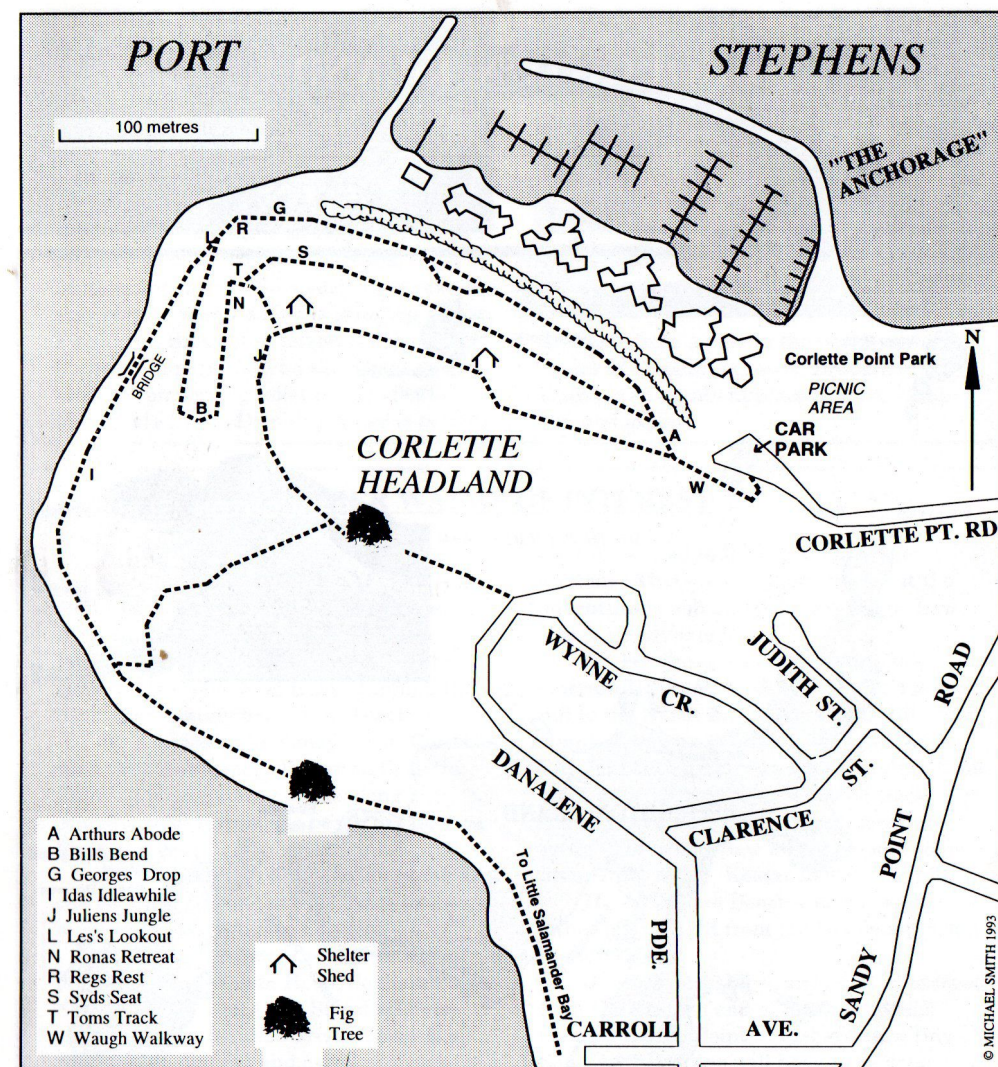
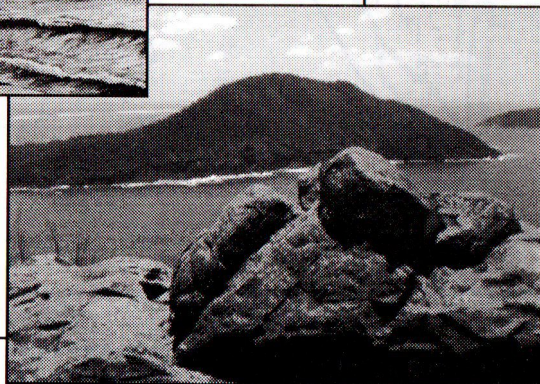
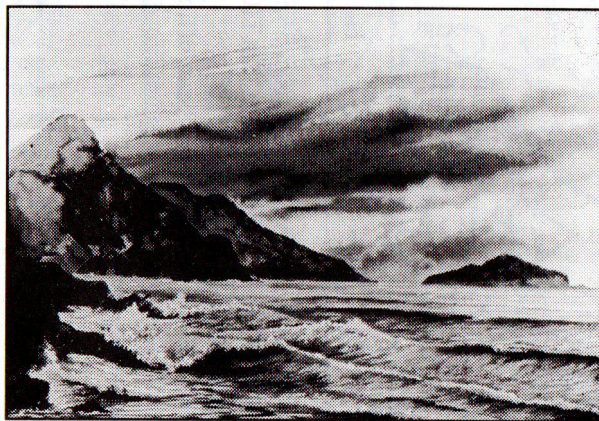
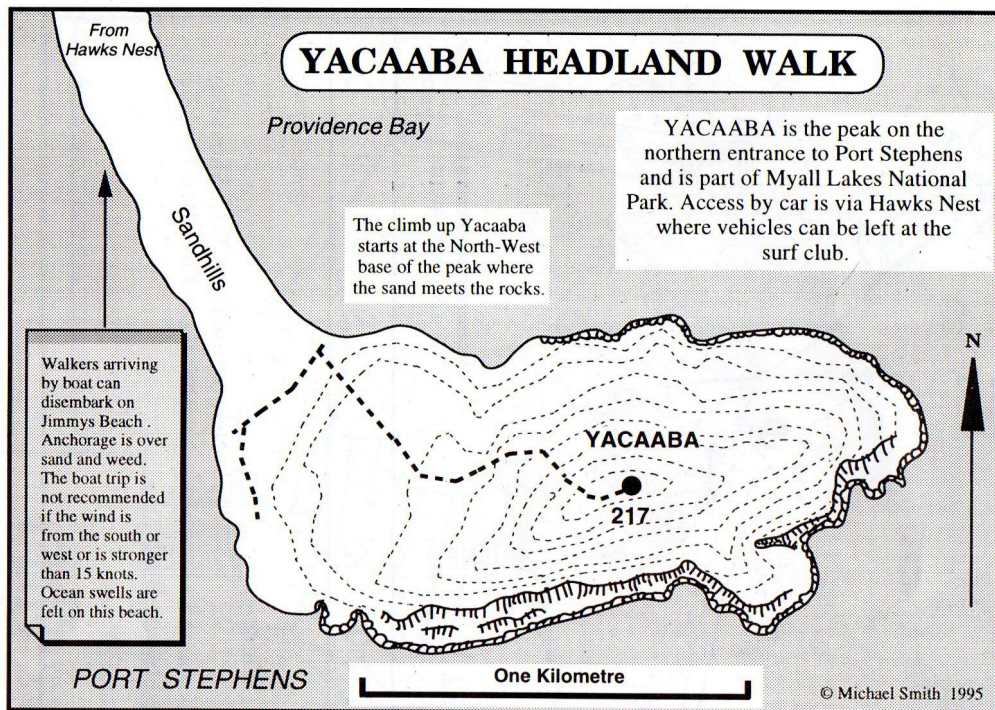
GLOVERS HILL

Water catchment area



Before entering the Water Reserve area permission must first be obtained from the HUNTER WATER CORPORATION (Water Resources Section, TOMAGO, phone 640212)
 Many features shown on this map have not been officially named.
 Names allocated to roads and other features are those used by the Bush Fire Brigade for their own purposes.

Key;
 2s - Number two fire Trail Shoal Bay
 3f - Number three Fire Trail Fingal Bay.

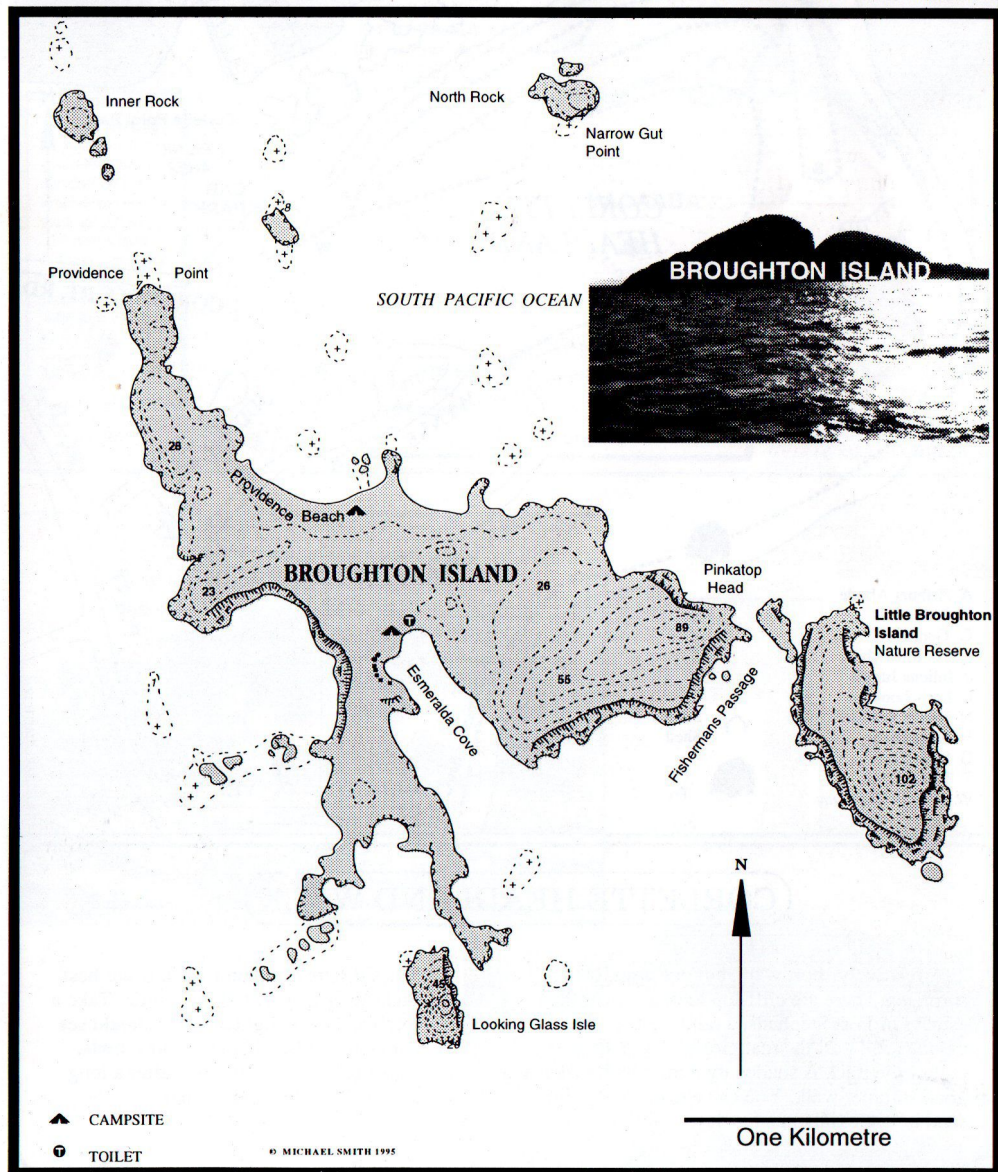


CORLETTE HEADLAND WALK

A relatively short walk, but one with lots of surprises. There are cliff-top lookouts over the estuary of Port Stephens, a rainforest reserve and a casual stroll past the mangroves. Virtually every part of the track is shaded by trees which makes it a good summer walk. You can even take a swim over sand in Little Salamander Bay.

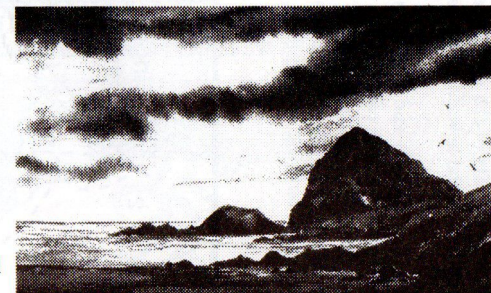
The Corlette Headland Walk is our best night walk, particularly in winter. Take a torch and a spotlight and you should see Ringtail and Brushtail Possums, owls, roosting birds, fireflies and after a long spell of rain, luminous fungi.

BROUGHTON ISLAND



BROUGHTON ISLAND is part of The Myall Lakes National Park. It lies 10 nautical miles north east of Tomaree and is accessible only by boat. Many boats will take you to Broughton Island, ask at the Port Stephens Visitors Centre.

Broughton is a relatively treeless, windswept island at least half of which is cratered with Muttonbird burrows. The Muttonbirds arrive November each year and stay several months for the breeding season. Fishing on Broughton Island is superb. Camping is permitted on the island and a modern composting toilet is provided at Esmeralda Cove. Drinking water is usually



available from a pipe in the north-eastern corner of Esmeralda Cove. Broughton Island is an excellent place to walk, camp, fish and explore

OTHER WALKS OF INTEREST

A A pathway links Apex Park (on Victoria Parade) and Dutchies Beach. This walk can be extended by walking across Dutchies Beach to Bagnalls Beach. Bagnalls Beach can be walked along the sand or via a system of tracks through the bush immediately behind the beach.

B A beach links Sandy Point, Corlette, with "The Anchorage" Resort on Corlette Point. A return can be made along a concrete path behind the beach to Conroy Park.

C The beach in Little Salamander Bay can be walked from Corlette Point to the mangroves near Mambo Creek.

D A track follows the waters edge around Wanda Wanda Head, Soldiers Point. Start at either end; Cook Street off Fore-shore Drive or Randall Drive. There is a mini jungle, fig tree and caves.

E A substantial area of bushland lies at Soldiers Point between Cromarty Road and Diemers Road. It has been set aside for public recreation and is crossed by many easily-walked fire trails. It is one of the few areas left where you can see Cabbage Tree Palms growing wild.

F The whole perimeter of Soldiers Point can be walked along the foreshore through a linking of beaches and reserves from Wanda Wanda Head to Kangaroo Point, Greenplay Point and ending at Diemers Road. A little imagination will

have to be used to link up some of the sections. There is no formal track but the adventurous will enjoy the challenge. Low tide is an advantage.

G For those who like to bag peaks Kurrara Hill can be attempted. This is the hill to the North East of Gan Gan Hill. The simplest way up is from behind the Nelson Bay Tennis Courts, next to the Bowling Club off Stockton Street. There are no tracks and the way up is covered with boulders and scrub. There is a view at the top and some interesting rocks. Koalas live on this hill.

H At Taylors Beach you can walk either left or right from the boat ramp along the foreshore.

J Rocky coastal scenery can be enjoyed from the Eastern end of Stockton Beach through Birubi Point to Fishermans Bay. Some rock hopping will have to be done.

K Stockton Beach is accessible from the end of James Patterson Street, Anna Bay. This huge sandy wilderness is similar in nature to Frazer Island and is equally covered with four wheel drive vehicles. Well worth a visit but don't try to walk far in the summer months.

The Letters A, B, etc.
refer to the map on page 1.

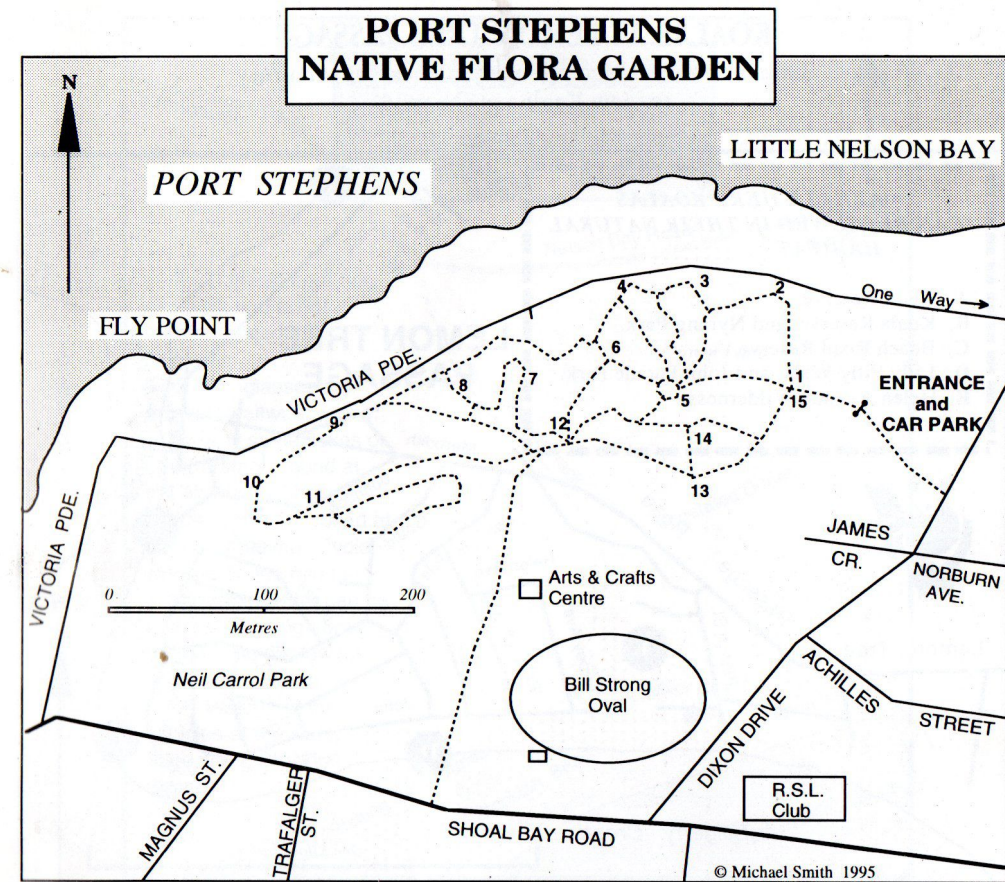
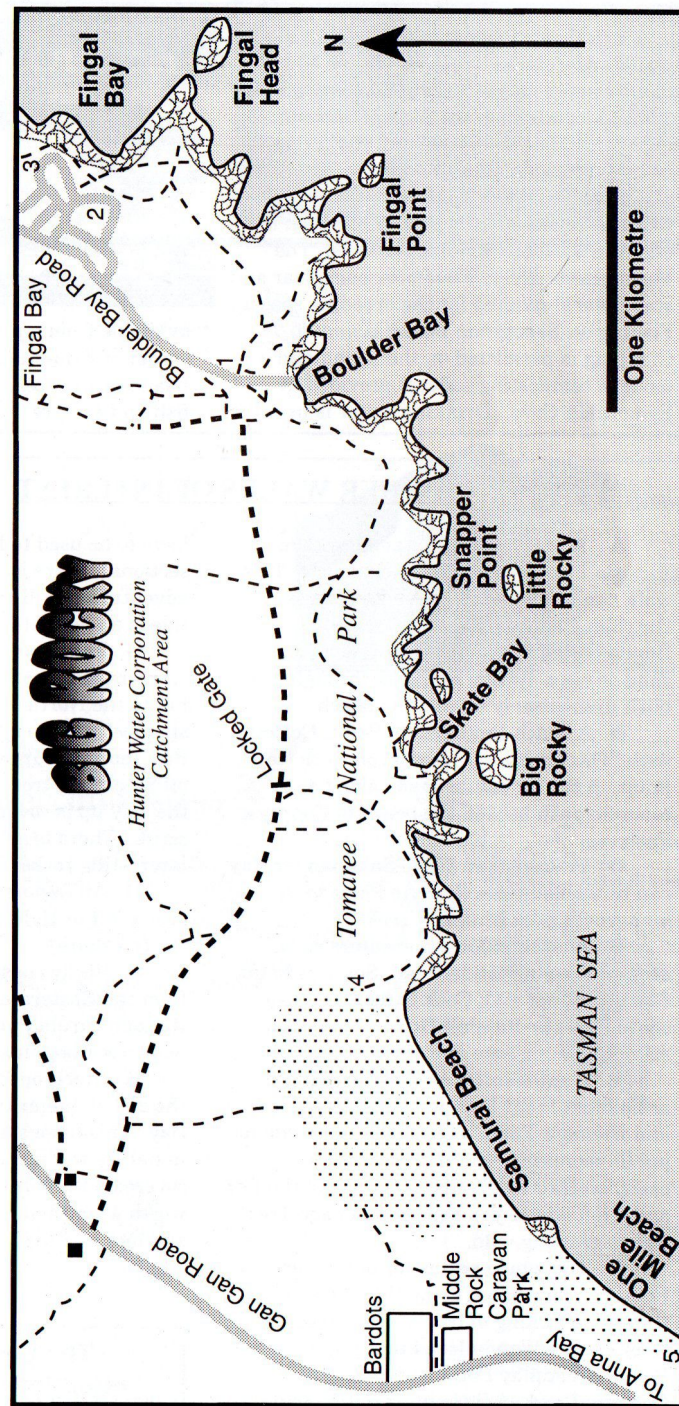
THE SHORT WALK - FINGAL BAY TO

BOULDER BAY ROAD About 2-4 hours will be needed to explore this section. Start at either Boulder Bay Road (1), the corner of Squire and Pacific Roads (2), or the corner of Pacific Road and Marine Drive Fingal Bay (3). The tracks are through soft sand. Every branch and side track should be explored. You will discover many fascinating bays. There are remains of fortifications on a hill-top at Fingal Head.

THE LONGER WALK - BOULDER BAY ROAD TO ONE MILE BEACH.

This makes a good day walk. Do not be put off by the proximity of the sewerage works, this is one of our best walks. The track starts just before the sewerage works at the end of Boulder Bay Road.

Skate Bay is a good place for lunch. Here you will notice a winch and supports leading over to Big Rocky, used to bring across shell grit. From (4) you can retrace your tracks (1 hour), to Boulder Bay Road. Alternatively walk the 2 1/2 km along One Mile Beach to the Caravan Park (5) at the south-western end of the beach. The first part of this section is along Samuray Beach where unclad bathing is permitted. Join in!



KEY TO WALKS.

1. Forest Trees
2. Regeneration - Hawks Nest
3. Loop Garden
4. Lookout
5. Roundabout- CWA Seat
6. Amphitheatre Edge
7. Terraced Beds
8. Hilltop- Banksia Patch
9. Western Viewpoint
10. Palm Grove
11. Rainforest- Ferns
12. Tranquillity
13. Big Bad Banksias
14. Canoe-Bark Tree
15. Orchids

DEVELOPMENT BACKGROUND

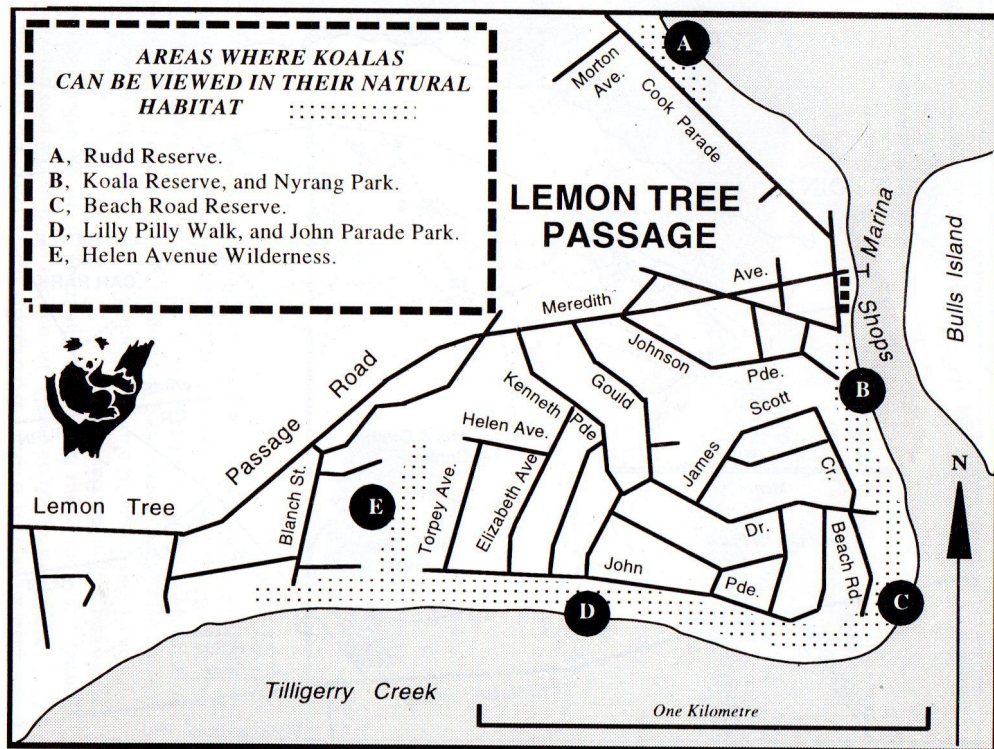
This garden site was a defence establishment during World War 2. It was occupied from 1942 to 1945 by Australian, American and British forces. After that it was used as a migrant centre. Many concrete foundations, one large hut and very little bush remained when, in 1982, Port Stephens Shire Council adopted a recommendation of the local Conservation Society that the area be declared a Native Flora Reserve.

It had narrowly escaped being subdivided into residential blocks in the 70's. We can thank the bulldozing contractor for saving the land. He stopped the clearing and called in a member of State Parliament to have the land reserved for public use.

A Committee of Council representatives and interested residents was formed in 1982, by which time Lantana and Polygala totally occupied the space from the ground to a height of 5 metres. In 1984 a band of young women working under a grant, removed the weeds by hand, leaving the way clear for committee working bees and voluntary labour to proceed with replanting.

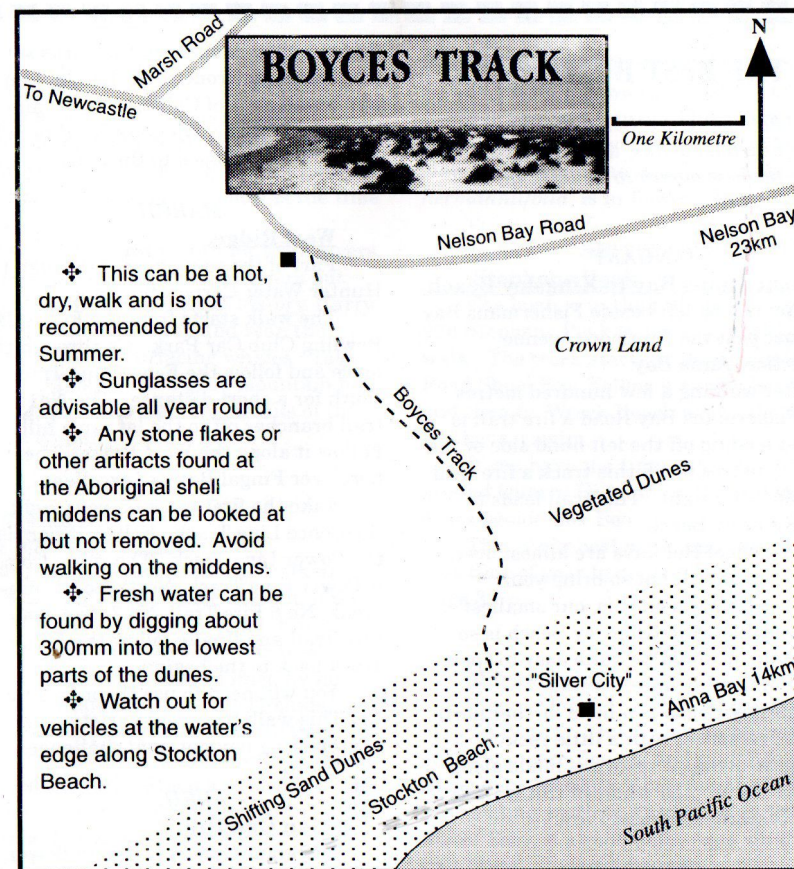
KOALAS AT LEMON TREE PASSAGE

Lemon Tree Passage provides the best opportunity to view Koalas in the wild.



Koala food trees.

Swamp mahogany	(E. robusta)
Bangalay	(E. botryoides)
Small leaf peppermint	(E. nicholii)
Spotted gum	(E. maculata)
Forest red gum	(E. tereticornis)
Tallowwood	(E. microcorys)
Grey gum	(E. punctata)
Grey gum	(E. propinqua)
Scribbly gum	(E. haemastoma)
Blackbutt	(E. pilularis)
Lemon scented gum	(E. citriodora)
Willow Gum	(E. scoparia)



A walk down **Boyces Track** is full of surprises. The first three kilometres pass through an *Angophora* forest, the understory littered with *Macrozamia* Palms, Bracken, Banksias, wildflowers, orchids and lots of kangaroo tracks. The process of shifting sand swallowing up the forest can be seen when the first dunes are encountered. A vast and somewhat stark landscape can be viewed from the highest dunes, which are 20 metres above sea level. Towards the water, and to the left a number of tin huts can be seen. Head towards them.

On the way look out for fox and rabbit tracks. Any concentration of shells in the sand is probably an

indication of an Aboriginal shell midden, an ancient campsite. Rows of rusted star pickets in the sand are from a barbed wire entanglement dating back to the war years of the 1940's.

Just above the high tide mark lies all the flotsam of our industrial society.

Each year at the end of September thousands of exhausted and dead Muttonbirds are washed up on the beach.

Boyces Track is the northern limit of the Recreational Vehicle Area. All sorts of mechanical beasts roam the area. It is not a good idea to wander too far as you have to find your tracks and follow them back over the dunes to join up with Boyces Track again.

THE BEST BUSHWALKS

Following is a list of the 12 best bushwalks, together with the best month to do them in.

JANUARY

Fishermans Bay to Kingsley Beach.

Cars can be left beside Fishermans Bay Road just past the Dunmore Avenue intersection, Anna Bay.

After walking a few hundred metres along Fishermans Bay Road a fire trail is followed leading off the left hand side of the road. 80 metres down this track a fire trail leads off to the right. This trail leads to Little Kingsley Beach.

The School Holidays are almost over, the weather is still hot so bring your swimmers for a dip on this, our smallest sandy beach. Little Kingsley Beach is so picturesque it would be quite easy to spend the rest of the day here.

Kingsley Beach is a little further north through low scrub, with a little rock-hopping involved. A return is made along the same route. The whole of this walk is part of Tomaree National Park.

FEBRUARY

Soldiers Point Circuit.

With most of the area's visitors gone it is a good time to visit our shoreline to enjoy the cool sea breezes and million dollar views.

Start at Cook Street at the end of Sandy Point Road, Salamander Bay. The waters edge is followed around Wanda Wanda Head. A number of shallow caves are set into the rocky headland on the southern side of the track.

You will pass through a short section of rain forest before encountering the sandy expanse of Wanda Beach.

From here on, there is no formal path. Keep to the narrow Reserves just above the high tide mark and follow the headland around through Soldiers Point to Pearson Park. From Kent Gardens to Diemars Road follow the waters edge until it becomes

difficult then head up to the parks set back from the waterfront. This last section has our best stands of Cabbage Tree Palms. At the Quarry follow Diemars Road to Soldiers Point Road and back to the start.

MARCH

West Ridge.

Part of the route passes through the Hunter Water Corporation land.

The walk starts from the Fingal Bay Bowling Club Car Park. Go through the fence and follow the Fence Line Track south for a short distance. The No1 fire trail branches off to the left up a hill. Follow it along the West Ridge. The views here over Fingal Bay are excellent.

Take the first track on your right to the Fence Line Track. Follow it north to the Power Line Track. The route from here is Power Line Track, North-South fire-break, No 6 Fire Trail, No 7 Fire Trail, No 5 Fire Trail and finally follow the Fence Line Track back to the beginning.

You will need to use the map on page 12. This walk has great variety and can be a interesting navigational challenge.

APRIL

Gan Gan Hill.

The giant Gynea Lily is in flower, it is time to scale Gan Gan Hill.

The walk starts at the bicycle path at the end of Galoola Drive Nelson Bay. Follow the bicycle path beyond the Gan Gan Hill turn-off to Point C on the Page 7 map.

From here a fire trail is followed uphill through a jungle of Black Wattle. The sandy undulating path is followed to G and through J to D. There may be a few Christmas Bells still in flower along this section.

The walk now climbs through A to the top of Gan Gan Hill. This peak was once called Lily Hill after the Gynea Lily that dominates the bushland all the way to the top.

The view from the Lookout is the best of any to be had in the area. From the top the bitumen is followed downhill to Stockton Street and back to the start.

MAY

Tomaree.

This is our most popular walk. Tomaree deserves to be climbed at least once per year and as the whales are passing on their northerly migration now is the time to do it.

May is our worst month for wildflowers. Tomaree is not strong on wildflowers but has great views and plenty of history. Carry your binoculars to the top and scan the oceanic waters for surfacing whales. Take your time. Tomaree is a good mountain for pausing and pondering. The details of the route are on page 2.

JUNE

Boulder Bay to Samurai Beach.

The map and details of this walk are on Page 18. Leave your vehicle in front of the last houses on Boulder Bay Road, Fingal Bay. The track runs through Tomaree National Park and should be lined by now with Greenhood and Pixie Cap Orchids.

Cool June temperatures make the wild surf and invigorating walking very stimulating. From Samurai Beach a return is made along the same route or to shorten the walk turn around at Skate Bay.

JULY

Glovers Hill.

A track leaves from the end of Armidale Avenue Nelson Bay passing between the Golf Course and Glovers Hill. The map on page 12 shows the tracks in this area. A permit is required to enter the Catchment Area

There are so many places you can go from here.

To keep it easy follow the East-West Fire Trail, turn right at the Fence Line, and right again on to No 8 Fire Trail. Pick up the Met. Station track back to the starting point. This is our best winter walk.

AUGUST

Fingal Bay to Boulder Bay.

Start at Point 3 shown on the Big Rocky Map Page 18. This is the corner of

Pacific Road and Marine Drive, Fingal Bay.

The walk follows the coastline to Boulder Bay and return. This is the best time of the year to visit this part of Tomaree National Park as the endangered *Rulingia hermanniifolia* is in flower among the rocks.

SEPTEMBER

Stephens Peak.

The bush is in the full flush of Spring and Stephens Peak is our best wildflower walk. The track starts at the end of Verona Road Shoal Bay. Follow it to Stephens Peak and then to Wreck Beach where the hardy can have a swim.

If you have the time follow the track around Quarry Hill and up the Powerline Track beside Box Beach.

This is our best walk, and this is the best time of year to do it. The map is on Page 3.

OCTOBER

Morna Point.

Start at Point C on the Morna Point Map on Page 5. This walk has interesting geology, superb flowers and excellent views. Bring your binoculars because the Whales are heading south to Antarctica and the Water Tank is a good place from which to spot them.

NOVEMBER

The Spit.

Start at the Cul-de-sac on Ocean Beach Road, Shoal Bay. Details of this walk are on Pages 3 and 10.

If the Spit has built up sufficiently and the tides are right you may consider walking across to Point Stephens.

DECEMBER

Lemon Tree Passage Koalas.

Start at the shops on the Waterfront at Lemon Tree Passage.

The walk follows all the shaded areas on the Lemon Tree Passage Map, Page 20. This area is also a quick boat trip from Taylors Beach or Soldiers Point.

Organised Bushwalking

☛ Nelson Bay has its own "Walking for Pleasure" Group. For a contact number ring NSW Department of Sport, Recreation and Racing on 261633. A walks programme can be obtained from the Port Stephens Visitors Centre in Nelson Bay.

☛ The National Parks and Wildlife Service (873 108) have brochures on walks in the Hunter District and often run a "Discovery" programme during the school holidays.

☛ The Newcastle Ramblers Bushwalking Club run a full programme of outdoor activities. Write to P.O. Box 719, Charlestown, 2290, or pick up a copy of their programme from "Coast Camping" Broadmeadow.

☛ The National Parks Association run a full programme of outdoor activities. Write to P.O. Box 12, New Lambton, 2305, or pick up a copy of their newsletter at "Coast Camping" Broadmeadow.

☛ The Newcastle Bushwalking Club can be contacted on 59 2741.

Port Stephens is blessed with many interesting landscapes, through which pass a number of excellent walking tracks. Enjoy the superb views from the tops of Gan Gan Hill, Tomaree Peak, Stephens Peak and Yacaaba. There are walks around the estuary of Port Stephens, freshwater and tidal swamps, cliff tops, forests, heathlands and beaches. We have 650 plant species, 230 bird species, 48 mammal species and 38 reptile species so far recorded. By visiting a few habitats over 3 hours you should find about 30 wildflower species in bloom (40 in the spring) or if you are interested in bird spotting you should see at least 25 species in that time.

- ❖ The tracks are generally dry and sandy so wear shoes that will not collect and hold sand.
- ❖ Do not go into the bush during a Total Fire Ban.
- ❖ Most walks are short and there is no need to take anything apart from this guide. If you must take something choose from the following in order of importance, insect repellent, water, raincoat and camera.
- ❖ A walking rate of 4km per hour on the flat, and 2km per hour on the slopes can be expected.